WHAT IS DISCIPLESHIP

**Please note, all references to God, Lord, Jesus, and Christ have been replaced with the rightful and original Names or Titles of our Creator and His Son — namely Heavenly Father, God YHUH, the GREAT "EHYEH ASHAR EHYEH" ("I AM WHO I AM"), and Yeshua (YEHOSHU'A). Capitalisation is applied intentionally as a mark of reverence. These corrections reflect the recognition that many translations after 300 AD were influenced by Roman systems and traditions.*

True believers desire to grow closer to the Heavenly Father. They seek to understand His ways and walk the path laid out by Yeshua, our teacher and Redeemer.

Discipleship is not a title. It is a life of **ALIGNMENT**. Without total allegiance to Yeshua and the demands of His life and message, there can be no discipleship.

It is the process of being trained, corrected, and aligned to walk as Yeshua walked — in truth, **OBEDIENCE**, and covenant with the Heavenly Father. It is not belief alone, but a life brought into **ORDER** according to His ways.

"There is one body and one Spirit, just as you were called in one hope of your calling…"
Ephesians 4:4

THE BIBLICAL SABBATH

The Sabbath is a **SET-APART APPOINTMENT** with the Heavenly Father — a day of **REST, ALIGNMENT, WORSHIP**, and **RESTORATION**. It is not merely about stopping work, but about returning to His **ORDER**, His rhythm, and His presence.

EZEKIEL 46 makes clear how worship will be structured in the Kingdom:

- **EVERYONE WILL WORSHIP IN ORDER – ON THE SAME APPOINTED DAYS.**
- **THE GATES WILL OPEN ACCORDING TO HIS TIMES.**
- **THE PEOPLE WILL GATHER IN UNITY BEFORE THE HEAVENLY FATHER.**

*"Thus says the Heavenly Father: 'The gateway… shall be shut the six working days; but on the **Sabbath it shall be opened**, and on the **day of the New Moon** it shall be opened…'"*
Ezekiel 46:1-2

The ordinances of the sun, moon, and stars were established by the Heavenly Father and cannot be removed.

"If those ordinances depart…** Then **the seed of Israel shall also cease…"
Jeremiah 31:36

To follow the Sabbath is to return to His established **ORDER** — not man-made systems.

*"You disregard and neglect the commandment of the Heavenly Father, and cling [faithfully] **to the tradition of men."***
Mark 7:8

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HOW LONG IS THE SABBATH?

From the beginning, the Heavenly Father established light and darkness as distinct.

*"Let there be **lights…** to **divide the day from the night**… for signs, season, days and year."*
Genesis 1:14

Yeshua said:
***"Are there not twelve hours in the day**?"*
John 11:9

The Sabbath centres on the **DAYLIGHT PERIOD** — the active, visible portion of the day — where **REST**, worship, and **ALIGNMENT** are practised intentionally before the Heavenly Father.

The Sabbath is demonstrated in the period where human labour normally takes place. Work, trade, and production occur in the light. Therefore, ceasing from labour is most clearly expressed during the **DAYLIGHT** hours, where activity is visible and measurable.

This does not remove the importance of the full cycle of a day, but clarifies where **OBEDIENCE** is actively demonstrated.

HOW TO FOLLOW THE SABBATH

The Sabbath is not a burden of restriction – it is a call to **ALIGNMENT.**

It is a day to:
- **REST**
- **REALIGN**
- **HONOUR HIS APPOINTED TIME**
- **RESTORE BODY AND SPIRIT**
- **WALK IN OBEDIENCE**

The following principles guard the day and keep it **SET APART**:

1. REST – HOLY DAY

Our Father rested on the 7th day – so must you.

"...and He rested (ceased) on the seventh day…"
Genesis 2:2

***"… Remember the Sabbath** (seventh) day to keep it holy."*
Leviticus 26:2

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2. DO NOT WORK

No business, labour, or production - for you, your household, or those under your authority.

*"…**on that day you shall not do any work,** you or your son, or your daughter, or your male servant, or your female servant, or your livestock or the temporary resident (foreigner) who stays within your [city] gates…"*
Exodus 20:10

3. PREPARE IN ADVANCE

Food and necessary tasks must be completed beforehand. The pattern of preparation is first clearly seen in the provision of manna.

"Then he said to them, 'This is what the Heavenly Father has said: Tomorrow is a Sabbath **REST**… *Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains…'"*
Exodus 16:23

The instruction was not only to **REST**, but to prepare beforehand — ensuring that no gathering or labour would be required during the appointed time.

***"It was the day of preparation** [for the Sabbath], and the Sabbath was dawning."*
Luke 23:54

4. GUARD YOUR FOCUS

Activities that shift focus toward self, exertion, or entertainment draw the heart away from the purpose of the Sabbath.

The Sabbath is not for:

- **DISTRACTION**
- **EXERTION**
- **SELF – PLEASURE**

*"If you turn away… **from doing your own pleasure on My holy day"***
Isaiah 58:13

These instructions are not given as burden, but as protection — guarding the day from being drawn back into ordinary patterns.

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5. HOUSEHOLD AND ANIMAL REST

ALL under your care must enter **REST**.

Care for animals remains appropriate, but must be done in a way that honours **REST**, not routine exertion.

*"The Messiah, Yeshua then answered him and said**, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it?"***
Luke 13:15

6. TRAVEL WITH DISCERNMENT

Travel only when necessary or for doing good.

All movement must be weighed against **ALIGNMENT** with the purpose of the day.

*"If you turn back your foot from **[unnecessary travel on]** the Sabbath…"*
Isaiah 58:13

7. EMERGENCIES AND DOING GOOD

"…Therefore it is lawful to do good on the Sabbath."
Matthew 12:12

Helping, healing, and saving life always takes priority.

8. GUARD YOUR WORDS

Speech must reflect the set – apart nature of the day.

No idle talk – but truth, encouragement, and **ALIGNMENT**.

*"…not going your own way or engaging in your own pleasure or **speaking your own [idle] words"***
Isaiah 58:13

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9. HOLY CONVOCATION

A gathering for teaching, worship, and the sharing of truth.

Yeshua taught on the Sabbath.

"So He came to Nazareth, where He had been brought up; and as was His custom, ***He entered the synagogue on the Sabbath, and stood up to read."***

Luke 4:16

WORSHIP AND PRAISE

Worship releases power.

The Sabbath is a day for:

- **PRAISE**
- **HONOUR**
- **LIFT HIS NAME**

"…for the ***Father seeks such people to be His worshipers."***

John 4:23

10. PRAYER AND MEDITATION

Deep, intentional time with the Heavenly Father.

"… and on the Sabbath day, we went outside the city gate.. ***where we thought there would be a place of prayer…"***

Acts 16:13

11. DOING GOOD

Care for the poor, the vulnerable, and those in need.

"Do not withhold good *from those to whom it is due, when it is in your power to do it."*

Proverbs 3:27

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HOLY COMMUNION

Communion is not ritual – it is **RECOGNITION**.

It acknowledges:

- **HIS COMING**
- **HIS OFFERING**
- **HIS RESURRECTION**
- **HIS VICTORY OVER DEATH**
- **HIS DAVIDIC AND ABRAHAMIC COVENANT**
- **THE ESTABLISHMENT OF OUR INHERITANCE AND ETERNAL LIFE**
- **HIS SURE RETURN**

It is the restoration of the plan for humanity.

THE NEW FULL MOON DAY SABBATH

The Sabbath and appointed times are not tradition – they are part of the Heavenly Father's **ESTABLISHED ORDER** in creation.

*"Blow the trumpet at the time of the **NEW MOON, at the FULL MOON,** on our solemn feast day."*
Psalm 81:3

This day is also a time to **GIVE BACK**, to **DO GOOD**, and to honour His provision.

OBEDIENCE AND CONSEQUENCE

There is a penalty for disobedience.

"But the cowardly, unbelieving… and all liars shall have their part in the lake which burns with fire…"
Revelation 21:8

Grace does not remove the commandments – it restores the ability to walk in them through **ALIGNMENT** with the Heavenly Father.

REWARD FOR OBEDIENCE

With **OBEDIENCE** comes blessing.

"We receive from Him whatever we ask, because we keep His commandments…"
1 John 3:22

*"**…**I will make you ride on the high places of the earth…"*
Isaiah 58:14

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FINAL CALL

The Sabbath is not optional.

It is a **SIGN** of **ALIGNMENT**.

A **MARK** of **OBEDIENCE**.

A **RETURN** to **ORDER**.

Those who walk in it will be **SET APART**.

FINAL POSITION

The Sabbath is not a concept to be interpreted — it is an appointment to be honoured. It marks those who have chosen **ALIGNMENT** over convenience, **OBEDIENCE** over tradition, and **ORDER** over confusion.

It is in this **ALIGNMENT** that restoration begins — not only of the individual, but of the **ORDER** established from the beginning.

For further clarity on common questions and practical application, refer to:

Common Questions About the Sabbath – Clarity & Alignment (CKO)

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